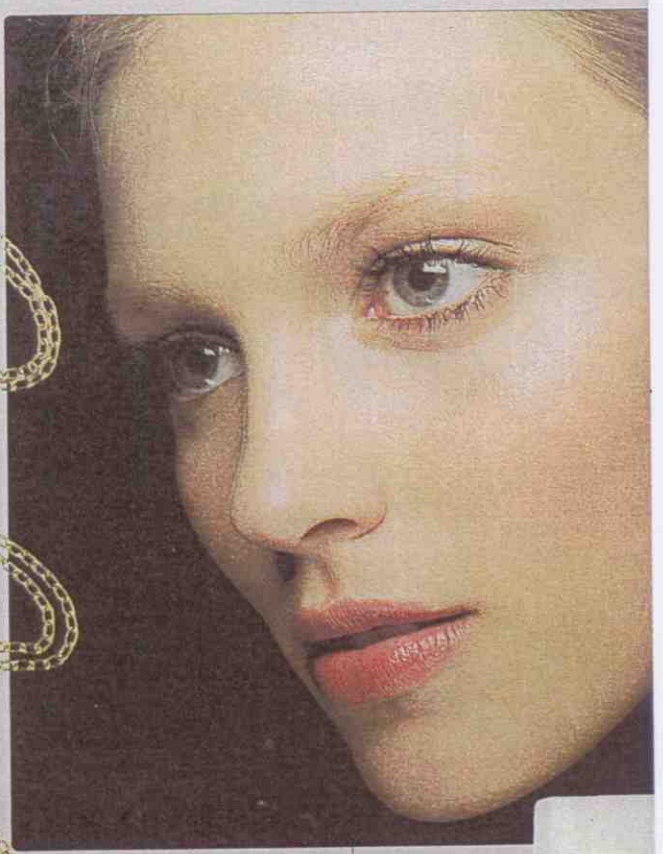
Beauty news by Kate Shapland

THE CLASSIC ELIZABETH ARDEN EIGHT HOUR CREAM
In the 1930s there were only three American companies known in every corner of the globe: Singer Sewing Machines, Coca-Cola and Elizabeth Arden. Miss Arden, she of the bandage-wrap facials, developed this legendary balm with her loyal chemist Mr Swanson and allegedly insisted that the grooms at her Maine Chance stables applied it to her racehorses' legs to heal any bruises. Where humans are concerned, Eight Hour Cream has even more uses; it is still the best all-purpose balm and it can be used to: **heal dry, chapped and cracked skin** as hand cream and lip conditioner; **comfort skin** as an anti-inflammatory for burns, scrapes and abrasions; **smooth skin** as lubricant for rough patches on feet, knees and elbows. Few people realise that it is also a natural exfoliant as it contains salicylic acid. £20, elizabetharden.com.

THE WEBSITE
TOPTIPSFORGIRLS.COM
Visitors to this site, set up by the savvy journalist Kate Reardon, post tips on every imaginable topic. It is particularly strong on beauty: I now know, for example (thanks to tipsters 'Olwen' and 'Waxy1086'), that eye-whitening drops take the redness out of spots and that cutting the top off a tube of cream allows you to scoop the last of it out. One for the favourites folder.

THE COMEBACK
SHOWTIME COSMETICS
There is something irresistible about these fabulous baubles: Estée Lauder White Linen Solid Perfume Pendant (£200, esteelauder.com), a globe-shaped ornament in true Lauder blue, contains the scent that Lauder described as having 'a calming element that lifts spirits and makes a woman feel cool and calm' – which makes it a summer staple, to my mind. Meanwhile, Dior's Summer Play Extreme Shine Lip Gloss (£35, dior.com) – a limited-edition in shades Pink Essentials and Street Tangerine – is more bling but still covetable.



THE NOVELTY
AYURVEDIC OILS Herbal oils play a big role in the ayurvedic approach to health and these, by Pukka Herbs, are particularly special. The oils have a ratio of one part herb to four parts oil and 16 parts water. They make beautiful massage oils, smell out of this world and are blended to suit different doshas: try Revitalise kapha oil (£13.95, pukkaherbs.com) if you feel sluggish and are retaining fluid.

THE BACKSTAGE SECRET
HOW TO GIVE SKIN DEWY LUMINOSITY
Make-up artists say that skin looks its most luminous when 'dewy', but how do you achieve this? The answer: part application, part product. For Bottega Veneta's recent collection, the make-up artist Charlotte Tilbury dotted gold-speckled peach highlighter – one way to give skin luminosity – on cheekbones and shoulderbones, plus décolletage and arms. Dewy or demi-matt finish foundation is key, too. Choose both products carefully to suit skin tone.

The best highlighter
MAC Strobe Cream (£19.50, maccosmetics.co.uk): the one make-up artists (and most beauty editors) use; touch on to strategic bones.

The best foundation
Chanel Teint Innocence Naturally Luminous Fluid Makeup (£21, chanel.com): gives just the right dewy-satin finish.

THE EXPERIENCE TROUBLE-FREE HAIR REMOVAL
I heard such good things about Parissa Salon Warm Wax – developed by the Canadian Azar Moayeri – that I tried it myself and was indeed impressed. The wax, which contains only natural properties, takes a minute to warm in a microwave, spreads on to skin like butter and can be instantly stripped off. The process was so clean and undemanding I can only conclude that this must be the only way to wax in the future. £12.99, from Boots.

FULL STOP: GORUNWAY.COM